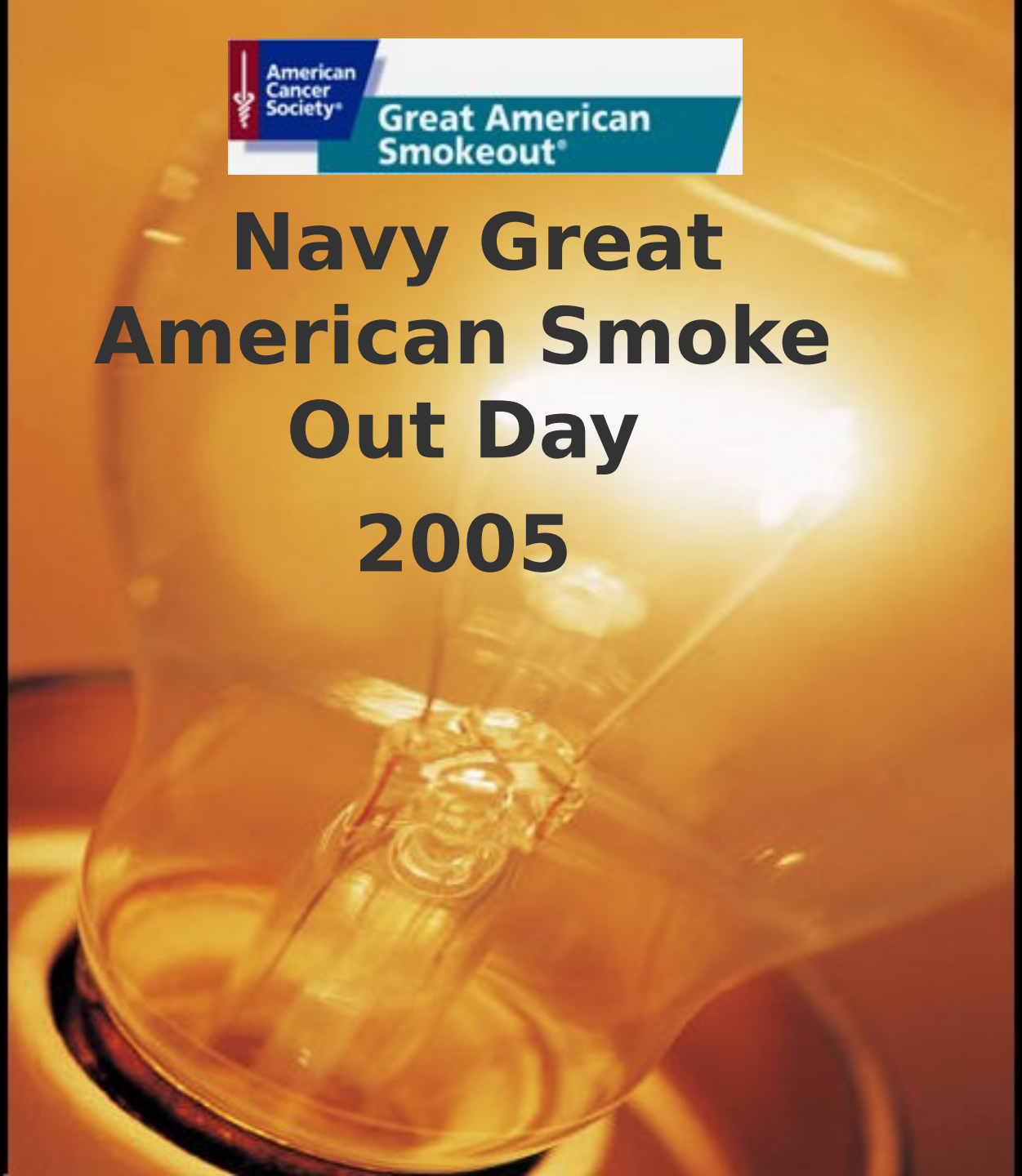


Navy Great American Smoke Out Day 2005

Goals

- **Encourage smokers to quit for the day!**
- **Promote tobacco cessation!**
- **Prevent non smokers from starting smoking!**
- **Inspire tobacco free persons to help tobacco users to quit!**

GASO

- **Promoted GASO via-**

  Navy News Digest, MED News, and local media resources
- **E-mail resources and ideas exchanged with MTF Tobacco POC’s**

Displays

- **Motivational, health education and tobacco cessation resources, materials, brochures available at MTF's, some Exchanges, Gyms, Commands & Galleys…**

Displays

◆ NEW ITEM ◆
Tobacco-Free
Mint Snuff
Chew $1.50 or Pouch $1.75
Original & Wintergreen
SMOKER'S OPTION
SMOKER'S OPTION
SMOKER'S OPTION
SMOKER'S OPTION
NEW!
WINTERGREEN FLAVOR!
MINT SNUFF
All Mint Chew
NO TOBACCO!
1-800-EAT-MINT
NEW!
WINTERGREEN FLAVOR
MINT SNUFF
ALL MINT
POUCHES
NO TOBACCO
NO NICOTINE
25 POUCHES
1-800-EAT-MINT
NEW!
WINTERGREEN FLAVOR
MINT SNUFF
ALL MINT
POUCHES
NO TOBACCO
NO NICOTINE
25 POUCHES
1-800-EAT-MINT
$1.75
$1.75
$1.50
$1.50
$1.50

smoke out crew
GREAT
AMERICAN

THE HARD CORE AMERICAN

TOBACCO FACTS!

45.8 MILLION AMERICAN SMOKERS

- 440,000 ANNUAL AMERICAN DEATHS FROM SMOKING
- 1,200 DAILY AMERICAN DEATHS FROM SMOKING
- 29,000 ANNUAL FLORIDA DEATHS FROM SMOKING
- 9,000 ANNUAL AMERICAN SPIT TOBACCO DEATHS

TODAY..

JOIN THE RANKS OF THE 250 MILLION AMERICANS WHO DO NOT SMOKE AND LIVE 16 YEARS LONGER!

THE GREAT AMERICAN

SMOKE OUT !

Health Promotion

TOBACCO CESSATION PROGRAM
NAVAL HOSPITAL WELLNESS CENTER
NAVAL AIR STATION JACKSONVILLE

"PROUDLY SERVING THE FLEET"

Posters

Ready to Quit Smoking?
TOBACCO FREE
We Quit Smoking!
Tell it Like it is
We Quit Smoking!
Weapons of Mass Destruction
CIGARS
Marlboro
readiness
Tobacco use hurts readiness
Help build a stronger Navy
Stay tobacco free!

Fun Runs

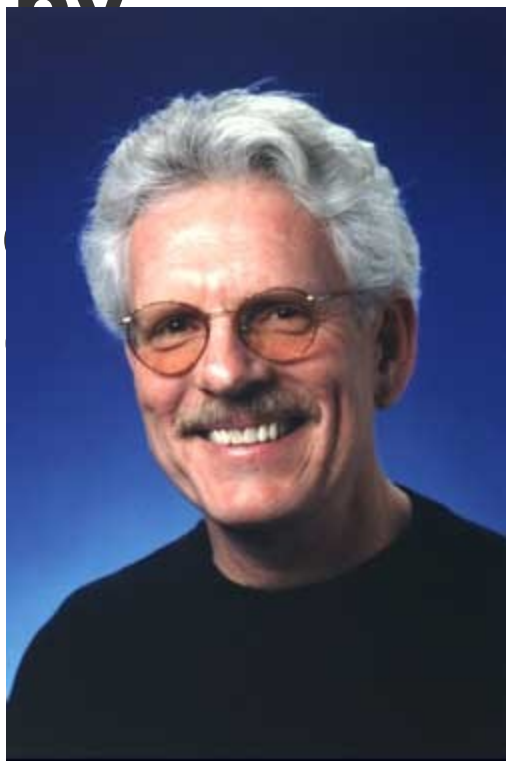
- **Turkey trots and walk runs sponsored by MWR and MTF to celebrate GASO!**

Guest Speakers

- **Powerful stories from cancer survivors and those adversely affected by smoking**

  and tobacco use w highlighted by vari

  Health Promotion programs



GASO Contests

- Guess the number of cig butts in the jar
- Essay Contest- How I quit Tobacco

Youth

- Prevention message to children and teenagers at base daycare centers & schools via presentations
- Blow bubbles not smoke campaign
- Posters & contests

More Activities

- **GASO Kits and materials for tenent & local commands to conduct their own awareness campaign**